

Oven Baked Sweet Potato Fries

Makes: 6 Servings

Ingredients

3 medium sweet potatoes, 5" long

3 tablespoons olive oil

salt and pepper (to taste, optional)

Directions

1. Wash and peel sweet potatoes. Cut into 1/4 inch slices.
2. In a large bowl, toss slices in olive oil until coated. Sprinkle with salt and pepper if desired.
3. Spread in a single layer on a baking sheet.
4. Bake at 425°F until tender and golden brown (about 20 minutes), turning occasionally to brown evenly.

Source: Food Supplement Nutrition Education Program.University

Nutrition Information

Nutrients	Amount
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Calories	116
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Total Fat	7 g
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Saturated Fat	1 g
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Cholesterol	0 mg
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Sodium	36 mg
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Total Carbohydrate	13 g
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Dietary Fiber	2 g
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Total Sugars	3 g
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Added Sugars included	0 g
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Protein	1 g
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Vitamin D	0 IU
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Calcium	20 mg
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Iron	1 mg
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Potassium	219 mg
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N/A - data is not available

MyPlate Food Groups

 Vegetables	1/4 cup
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